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Interior Design in the Age of Digital Addiction: The Role of Digital Detox Spaces

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Abstract: Digital addiction has become an unavoidable reality of modern life. The excessive use of technological devices can adversely affect individuals' mental, emotional, and physical well-being. In this context, the concept of digital detox emerges as a crucial process that allows individuals to temporarily disconnect from technology in order to enhance their awareness and support their psychological wellness.

Interior design plays a pivotal role in optimizing the digital detox experience. In particular, the minimalist design approach characterized by simplicity, functionality, and the elimination of superfluous stimuli can reduce cognitive load and promote a sense of calm and relaxation. Additionally, the integration of natural elements serves to reinforce individuals' connection to nature while contributing to a reduction in stress levels.

This study aims to examine the influence of minimalist and nature-based approaches in the design of digital detox spaces. The research addresses the causes of digital addiction and its detrimental effects on individuals, subsequently exploring how minimalist design principles, natural components, and sensory equilibrium can enhance the effectiveness of the digital detox process.

The findings demonstrate that minimalist and nature-oriented interior design strategies support individuals' digital detox experiences by fostering psychological and physiological relief. This study aspires to serve as a guiding reference in the future development of digital detox environments.

Keywords: Digital addiction, Digital detox, Interior space design, Sensory design, Well-being, Spatial experience

Introduction

The most defining characteristic of the 21st century is the pervasive influence of digital technologies on all aspects of life. From the moment we wake up, we step into a digital realm: the day begins with checking the time on smartphones and continues with social media notifications, emails and news feeds. Throughout the day, we access information, communicate, work and even attempt to relax via screens. Although this state of constant connectivity initially appears beneficial, over time it has started to adversely affect individuals' mental, physical, and social balance. By nature, human beings need periods of silence, solitude, contact with nature, and an inner equilibrium. However, today's digital order neglects these needs and constructs a system that poses a threat to both the mental and physical well-being of the individual. Consequently, conscious disengagements from the digital world are no longer a luxury, but a

necessity for a healthy life. (Collins & Halverson, 2010; Sagbas, 2001).

Digital addiction is one of the most serious problems faced by contemporary individuals. Particularly common among younger age groups, this condition is characterized by an uncontrolled increase in the time spent in front of screens. The use of digital devices is no longer limited to work or school; people also turn to them during leisure time, weakening their ties with the real world. Symptoms of addiction include reduced social interactions, feelings of loneliness, attention disorders, anxiety, depression, and physical health problems (Kılıç et al., 2017; Weinstein et al., 2014). Digital platforms are filled with stimuli that constantly capture users' attention: colorful icons, endlessly scrollable pages, notifications, and instant messages. These design strategies encourage users to stay online, unintentionally leading to mental fatigue and burnout. Digital addiction is no longer just a habit; it is recognized as a form of dependency that requires professional intervention a problem that reduces quality of life, diminishes productivity, and disrupts psychological balance. (Becan & Eaghanioskoui, 2019; Keskin et al., 2018).

As the pressure of digital addiction on individuals intensifies, new pursuits have emerged to counterbalance this burden. One such pursuit is the concept of a "digital detox." A digital detox refers to a period during which an individual deliberately refrains from using digital devices, allowing both mental and physical recuperation. The duration of a detox can vary from person to person; while some find a few hours sufficient, others may require several days or even weeks of digital cleansing. The crucial aspect is that this process should be consciously planned and turned into sustainable habits. (Enli, n.d.; Genuis et al., 2013; Mirbabaie et al., 2022). The benefits of a digital detox are multifaceted: increased attention span, improved social interactions, better sleep quality, enhanced creative thinking skills, and reduced overall stress levels. All of these indicate that as individuals' distance themselves from the digital realm, they can reconnect with their inner world and establish a healthier relationship with real life. This demonstrates that a digital detox is not merely a temporary relief, but a holistic recovery process (Becan & Eaghanioskoui, 2019; Dragano & Lunau, 2020; Miksch & Schulz, 2018; Syvertsen & Enli, 2019).

One of the prominent approaches for supporting interior spaces during the digital detox process is minimalism. Minimalism is not merely an aesthetic preference, but a form of mental, emotional, and even spiritual cleansing. Spaces stripped of unnecessary details, designed with simplicity and functionality, eliminate distractions and contribute to mental clarity. Environments filled with clutter, complex color schemes, and chaotic arrangements often induce a sense of mental disorder. In contrast, a minimalist space offers the user a feeling of calm and clarity. From an interior architecture perspective, this is not only about organizing physical space but also about guiding the user toward inner peace. The emotional connection established through a few yet meaningful objects transforms the space from a utilitarian setting into a healing environment. Time spent in a minimalist setting helps individuals become more aware of their digital habits, listen to their inner voice, and focus their attention on the present moment. In this context, minimalism transcends being a mere design style and emerges as a philosophy of life (Anandpara et al., 2024; Gumber, 2023).

Although digital detox is often perceived as a short-term disconnection, under the right conditions, it can create lasting awareness.This awareness arises not solely from the absence of devices, but also from the internal transformation experienced during the process. Interior architecture provides the spatial infrastructure for this transformation. A well-designed digital detox environment offers a platform for individuals to hear their own thoughts and reconnect with their inner self (Anandpara et al., 2024). This reconnection fosters critical reflection on one's relationship with technology, promotes reconsideration of digital habits, and encourages the cultivation of a more balanced lifestyle. Such lasting

awareness is only possible through a holistic experience—an environment enriched with sensory stimuli, integrated with nature, and shaped by tranquility and simplicity. Here, design assumes not only a formal but also an ethical, psychological, and cultural role. Digital detox, through this conscious spatial interaction, evolves from a mere cleanse into a transformative lifestyle shift ("Health and wellness resort," 2020; Horuz, 2021; Oduncu, 2021; Salam, 2020).

In light of the discussion above, digital detox spaces are emerging as a new and dynamic field within the practice of interior architecture.This field should be approached not only with aesthetic concerns, but also with a holistic focus on the mental, emotional, and physical well-being of the individual. The interior designer is no longer merely someone who organizes physical space; they are transforming into an expert who curates user experience, shapes mood, and fosters awareness. Digital detox spaces can be designed in public areas, hotels, work environments, or private residences. Each scenario demands specific strategies tailored to diverse needs and user profiles. However, a common thread in all these cases is the necessity to relieve individuals from digital burdens and reconnect them with nature, their bodies, and their minds. Spatial solutions developed to meet this need further highlight the human-centered dimension of interior architecture. In the digital age, design should not only embrace technology but also ensure a balance in response to it. This study aims to contribute to this new orientation within the field of interior architecture.

Aim and Scope of the Study

The primary aim of this study is to examine the influence of minimalist and nature-based approaches in the design of digital detox spaces within the context of interior architecture. As digital dependency continues to grow, so does the need for physical environments where individuals can disconnect from technology in order to maintain a healthy lifestyle. By addressing this need, interior designers can create functional and aesthetically pleasing spaces that support the process of digital detox. Within this framework, the study seeks to answer the following research questions:

- How does a minimalist approach in interior design support the digital detox experience?
- In what ways do natural elements contribute to spatial relaxation and mental restoration?
- How should material selection, color schemes, lighting, and spatial organization be addressed in the design of digital detox spaces?
- What design approaches are adopted by digital detox spaces in different countries?

This study explores concepts unique to the discipline of interior architecture, such as minimalist design principles, biophilic design elements, and sensory equilibrium. Furthermore, by investigating the psychological and physiological impacts of digital detox spaces on users, the research offers practical recommendations for future interior design projects.

Method

This research was conducted using qualitative research methods and structured specifically on the basis of descriptive analysis model. For the purpose of the study, the interaction between the concept of digital detox and the discipline of interior architecture was evaluated based on direct observation and literature review.

Three main methods were used in the research process:

- Literature Review: National and international literature on digital detox, minimalist interior design and nature-based design approaches were reviewed. Current academic publications especially in the fields of psychology, interior architecture and environmental design were analyzed and the theoretical background on the relationship between digital addiction and spatial organization was created.
- Comparative Analysis: Digital detox spaces in different geographies were analyzed in terms of function and form. In this analysis, design commonalities, diversity of practices, and integration of nature-based components were comparatively evaluated. Particular focus was placed on interior architecture elements such

as the use of light, color palettes, material choices and spatial organization.
- Case Study: The selected digital detox spaces were selected based on the criteria of accessibility, user density, level of visual simplicity and freedom from digital stimuli. Each example was examined in depth in terms of interior architectural elements (spatial layout, material, color, lighting and natural elements).

The images and tables used in this study were specially prepared by the author in a digital environment. It is a deliberate choice to present the images from different angles because this way, it is aimed to perceive the spatial atmosphere holistically and to make a detailed aesthetic analysis. In addition, all visuals are arranged in a way to strengthen the context that the study establishes with the architectural analysis.

In general, this methodological approach aims to develop design strategies and application suggestions for interior architects by addressing the impact of the concept of digital detox on interior design with an interdisciplinary approach.

The examples of digital detox spaces used in this study are not based on direct fieldwork, but are evaluated through representative architectural arrangements determined through visual documentation and literature review. These visually analyzed space representations were selected to show how digital non-contact, sensory simplification and nature-based constructs are constructed in interior design.

Three main criteria were adopted in the selection of the images: Architectural simplicity, integration with nature, and freedom from digital stimuli. The selected examples were evaluated on the basis that they were descriptive enough to answer the research questions, provided architectural detail, and provided rich visual data for theoretical analysis.

Concepts of Digital Detox Spaces

For the modern individual, the digital world is not merely a means of communication or information, but also a form of escape, a habit, and oftentimes, an addiction. This condition weakens the individual's connection with themselves, nature, and others. Amidst the complexities of modern life, people require physical environments where they can disconnect from digital realities in order to maintain their relationship with the real world. Thus, digital detox spaces are not just an interior design trend; they are a creative response to the psychosocial needs of our era (Anandpara et al., 2024; Arenas-Escaso et al., 2024). The human body and mind are inherently programmed to be in harmony with nature, to contemplate in silence, and to exist within a simplified environment. However, urbanization, the widespread use of technology, and the rise of artificial environments suppress these fundamental needs, often leading to burnout. Digital detox spaces are environments that enable individuals to return to their natural rhythm by facilitating a conscious disconnection from technology—supported through aesthetic, functional, and psychological design strategies. Interior architecture responds to this need by maintaining a balance within the human-nature-space triad (Stäheli & Stoltenberg, 2022).

One of the most defining features of digital detox spaces is silence. Yet this silence is not merely an absence of sound; it is a strategic design element that facilitates inner tranquility. In interior architecture, silence is approached as a deliberate objective rather than a byproduct. Acoustic insulation, echo-reducing surfaces, and controlled integration of natural sounds are essential in this context. Silence halts the external data stream that typically occupies the mind, allowing users to confront their thoughts. The stimulus system constantly triggered by digital devices is consciously disengaged in such environments. Hence, users begin to hear themselves. Interior designers should not perceive silence as merely a "lack," but as an immersive experience embedded in the space. Lighting schemes, surface reflectivity, and material selection all contribute to supporting this atmosphere of silence. Especially with the use of neutral color palettes, natural textures, and soft transitions, attention is redirected

inward rather than outward. Thus, silence is transformed from an abstract notion into a functional and sensory dimension of the environment (Çetin, 2022; Meditation Interiors: Exploring Spatial Qualities for Well-Being and Spirituality, 2022; Yan et al., 2024; Yeler, 2022).

Digital detox spaces must be shaped with a functional and minimalist design language, free from ostentatious details. This simplicity is not only aesthetic but also a cognitive and emotional necessity. Visually intense and complex stimuli contribute to mental fatigue, whereas minimalistic environments offer users a space to breathe, reflect, and unwind. In interior architecture, simplicity deepens the meaning of space, as users begin to connect not with what they see, but with what they feel. Spatial sparseness unveils inner richness. Therefore, digital detox spaces must be stripped of unnecessary ornamentation, distractions, and symbolic clutter. Every object must carry a reason for its presence. This approach yields not just visual simplicity, but also sensory and intellectual clarity. Within such settings, the mind focuses more easily, relaxes, and turns inward. Hence, simplicity is not just a principle in the design of digital detox spaces—it is a necessity (Anandpara et al., 2024; Gumber, 2023; Mishra, 2024).

Each individual's detox process is inherently unique; therefore, spaces must be designed to accommodate these personal differences. For some users, natural light may be essential, while for others, silence or solitude may take precedence. Thus, interior designers should avoid rigid frameworks and instead create flexible experiential environments. For example, spaces can include quiet reading nooks, meditation zones, windows oriented for nature observation, or rest niches with floor cushions to cater to various user profiles. The aim is to enable users to establish a sense of "sanctuary" within the space. This personalization fosters not only a physical bond but also an emotional connection. The user develops a personal relationship with the space—it ceases to be merely a location and transforms into a meaningful experience. With this approach, digital detox environments move beyond standard design templates and evolve into living entities shaped by the rhythms, emotions, and psychological needs of the individual (Pawłowska-Legwand & Matoga, 2020; Rutha & Abbas, 2021; Stäheli & Stoltenberg, 2022; Xie et al., 2022; Yumeng, 2022).

Strategies for Interior Design in Digital Detox Spaces

The most fundamental strategy in designing digital detox environments is to center the user's emotional, physical, and mental relationship with the space. Interior design does more than organize visuals—it offers an experiential journey. This journey should aid the technology-fatigued user in regaining inner balance. The design process must begin with careful observation of the user profile. Questions such as: Who is this space for? For what purpose? For how long? form the basis of the design strategy. For instance, the spatial language needed by a white-collar professional seeking respite from urban life will differ from that of a yoga instructor looking to commune with nature. To understand what the user expects from the space, the designer must adopt an empathetic stance, seeing the user not as a "target audience," but as an "experience holder." This requires not only physical but also psychological design construction (Çetin, 2022; Higuera-Trujillo et al., 2021).

Every object used in a digital detox environment must have a purpose, function, and emotional resonance. The minimalist design approach is indispensable for such spaces. However, this minimalism should not be cold or sterile, but rather warm, soft, and tactile. Each object and surface is intended to help cleanse the user from mental noise. Functionality should extend beyond ergonomics—it must also serve the emotions. When a user sits on a chair, they should find comfort for both their body and their mind. In this regard, every design decision—from furniture selection to spatial circulation—should be made consciously and simply. The floor plan should be intuitive, allowing the user to instinctively understand where and how to engage without

being directed. This intuitive flow reduces cognitive load and facilitates the release from digital habits (Buuren & Mohammadi, 2021; Cheirchanteri, 2021; Circulation Realms, 2023).

In digital detox environments, lighting should not be perceived merely as a functional necessity, but rather as a therapeutic tool. The use of natural light must be prioritized in the design of such spaces. Large windows, daylight-inviting openings, shaded zones, and light-responsive materials all contribute to supporting the user's biological rhythm. Waking up in a room illuminated by morning sunlight or sitting quietly in the glow of the afternoon light helps individuals realign with nature's biological cycles. In artificial lighting setups, warm light tones, dim atmospheres, and low-glare configurations should be emphasized. This conscious relationship with light does more than offer visual comfort; it also directly influences the user's emotional state. Lighting scenarios can be diversified to reflect changes in mood throughout the day. Separate lighting arrangements may be proposed for meditation, reading, and relaxation activities. In this way, light becomes not a passive element but an active participant in the spatial experience (Shivsharan & Sundar B.T., 2021; Taşdemir & Gümüşay, 2020; Xie et al., 2022).

The colors used in interior environments have a scientifically proven impact on a person's emotional state. During digital detox processes, appropriate color choices significantly support mental cleansing. Soothing tones—such as soft beiges, earth hues, light greens, and blues—facilitate relaxation, whereas bright and vivid colors may induce stimulation. The interior designer should treat color not just as an aesthetic feature but also as a psychological tool. The color palette should reflect the overall spirit of the space, facilitating conscious slowing down, calming, and introspection. Transitions between hues should be smooth, not abrupt. Colors that interact with light bring depth and warmth to the space. Particularly pastel tones that reflect daylight enhance the natural atmosphere. When used correctly, color psychology transforms the space from a visual environment into an emotional experience. The interior design principles applied in digital detox spaces offer not only aesthetic value but also have the power to transform the user's psychological and physical experience (See Table 1).

Table 1: *Design Principles and Their Effects*

Design Principle	**Application Example**	**Psychological Impact**	**Physical Impact**
Minimalist Layout	Fewer items, furniture with simple forms	Mental clarity, stress reduction	Reduced visual load
Use of Natural Materials	Wood, stone, bamboo	Sense of safety, connection with nature	Thermal comfort, natural breathability
Acoustic Control	Sound insulation, incorporation of nature sounds	Inner silence, increased concentration	Reduction of noise-induced fatigue
Lighting Design	Natural light, dim ambient lighting	Balanced melatonin levels, relaxation	Eye comfort, sense of rhythm
Color Palette	Pastel and soil tones	Calmness, sense of security, enhanced focus	Sensory balance, spatial warmth

Thus, interior architecture is not only a matter of shaping space, but also of designing the flow of time itself (Eklemezler, 2024; Mirbabaie et al., 2022; Stäheli & Stoltenberg, 2022).

We have previously emphasized that digital detox is a process that must take into account individual differences. This awareness necessitates that spaces be flexible and adaptive. A design language that allows users to reconfigure the space according to their own needs holds value both in terms of functionality and personal connection. Solutions such as mobile furniture, portable screens, and modular seating elements enable users to reshape their environments. This turns the user into more than a passive consumer—they become an active "co-designer" of the experience. With this strategy, the interior architect shifts the emphasis from the authority of space to the freedom of user experience. This autonomy encourages the user to participate in the detox process more consciously and meaningfully. Moreover, flexible spaces allow for easy reinterpretation according to different user groups or activities (Arslan, 2022; İNAN & Yıldırım, 2021; Vuscan & Muntean, 2023).

Digital detox is no longer a need confined to personal spaces; it has become a public necessity. Particularly in large urban centers, people have very limited access to spaces where they can momentarily disconnect from technology during the day. Here, interior architecture plays a critical role—by designing digital detox zones in offices, shopping centers, schools, hospitals, and even public transit stops. These areas may be small in scale but can have a profound impact. A quiet seating nook, a meditation capsule surrounded by greenery, or a reading corner illuminated by natural light—all provide short but effective moments of rebalancing. Public digital detox spaces also raise important questions about design as a matter of social equity (Hidayatullah et al., 2022; Li et al., 2024; Liu et al., 2023; Oduncu, 2021). The ability to detox from digital overload should not be a luxury—it should be an accessible right for everyone. Design strategies developed with this mindset reaffirm that interior architecture is not only a discipline that serves the individual, but also the broader society.

Comparative Analysis: Cultural and Design Approaches in Digital Detox Spaces

Comparative analysis allows us not only to examine different design examples, but also to understand the underlying philosophies and cultural contexts that shape them. While digital detox spaces differ in form across geographies, their shared purpose is to facilitate relief from mental, physical, and digital fatigue. This analysis focuses on three key dimensions: cultural context, spatial organization, and interior architectural strategies. By examining examples from Italy, Germany, Japan, the United States, and Turkey, the study explores how digital detox design has evolved across different cultural landscapes within the interior architecture discipline. Each case is rooted in a particular philosophical foundation, and elements such as materials, lighting, spatial composition, and the relationship with nature are all shaped according to that foundation

Table 2: *Digital Detox Space Approaches in Different Countries*

Country	Concept	Spatial Characteristics	Cultural Foundation
Italy	*Forest Bathing*	Open structures, natural transitions, wooden flooring	Nature immersion, slow living
Germany	*Digitale Auszeit*	Modular spaces, functional furniture	Structure, efficiency culture
Japan	*Zen Retreat*	Quiet rooms, spatial void aesthetics	*Wabi-sabi*, spiritual purification
USA	*Wellness Spa*	Semi-natural, semi-technological environments	Comfort-centered lifestyle
Turkey	*Detox Villages*	Nature-integrated stone buildings, inner courtyards	Traditional spatial memory

(Mishra, 2024; Sancak et al., 2023; Yeler, 2022).

In Italy, digital detox spaces are often shaped around the philosophy of forest bathing, which advocates for a mindful reconnection with nature. Designs emphasize the use of completely natural materials; boundaries between interior and exterior spaces are blurred, allowing for continuous transitions. Wooden decks, open walls, stone pathways, and abundant greenery are fundamental design elements. Rather than defining a physical interior, the aim is to create immersive natural zones where disconnection from the digital realm occurs organically. The purpose of design in this context is to "return the individual to nature." Activities such as silence, walking, meditation, and nature observation are spatially supported. The near-invisibility of the design itself allows nature to function as the true interior architect (Barbiero et al., 2023; Olivetti, 2022; Yeler, 2022).

In Germany, functionality is paramount in digital detox space design. The Digitale Auszeit (digital break) concept emphasizes controlled disconnection from technology. Designs are more structured, enclosed, and orderly. Spaces are subdivided for individual or small group use, featuring quiet rooms, tech-drop areas, analog time management boards, and introspective seating arrangements. Although nature is not as prominently featured as in Italy, spatial organization is carefully crafted to support inward focus. Lighting, acoustics, and color are implemented in a systematically minimalistic manner. These German examples reveal the disciplined yet emotionally considerate aspect of interior architecture (Brichetti & Mechsner, 2023; Hira, 2023; This German Workplace Shows the Functional Power of Colour, 2023).

In Japan, digital detox spaces are deeply intertwined with the aesthetics of wabi-sabi and Zen philosophy, which prioritize simplicity, solitude, and harmony with nature. Tatami flooring, shoji screens, rock gardens, natural light modulation, and silence form the core identity of the space. In Japanese interior design, emptiness is not an absence but a presence. Users are provided with both mental and physical breathing room. Digital devices are excluded altogether, with full signal isolation and introspection-focused zones. Cultural rituals—such as bathing practices, silent tea ceremonies, and meditation corners—are integrated into the space. These Japanese examples remind us that digital detox is not merely physical; it is a spiritual journey, and the designer becomes a sort of "spiritual architect" (Alfareza, 2022; Digital Detox Japan, 2024; In Paris, a Japanese Hospitality Destination Gives You No Choice but to Be Present. Here's How, 2023).

In the United States, digital detox design is often shaped under the umbrella of luxury wellness centers. Here, nature and design coexist, though the natural element is often fused with controlled artificiality. Common examples include climate-controlled cabins in the forest, or wooden aesthetics supported by high-tech infrastructure. User experience is highly curated; spaces are embedded with smart systems, yet users are encouraged to temporarily disconnect. The goal is not full disconnection, but rather to keep technology under control. Lighting, climate, and sound are all managed through integrated smart systems. This approach frames digital detox as a service offering, and the designer prioritizes the user's comfort—balancing digital fatigue with a luxurious experience. Thus, the design takes on a more pragmatic and marketable dimension (Arenas-Escaso et al., 2024; Digital Detox®, 2023).

In conclusion, all these comparisons reveal that digital detox spaces are not merely physical voids but represent cultural and spiritual quests. The interior designer is no longer only shaping form—they are shaping meaning. A wall made of natural materials, a ceiling lit by daylight, a silent room—each of these can become a medium through which individuals reconnect with themselves. In this sense, interior architecture in the digital age is a quest to reestablish equilibrium among nature, culture, and humanity. Comparative analysis maps out

this balance, offering both inspiration and responsibility to interior architects.

Discussion

For digital detox spaces to be effective, their designs must be planned to address not only aesthetic but also functional, psychological, and sensory needs. In this context, the example analyses used in the study were conducted on four different 15 m² digital detox rooms. Each room has different spatial configurations and usage scenarios: the first is a simple meditation area, the second is a nature-focused reading corner supported by an aquarium, the third is a relaxation zone surrounded by plants, and the fourth is a relaxation room offering a silent experience in a hammock.

These rooms were examined in terms of modular plan layouts, natural material diversity, and acoustic control elements; and evaluated by considering user behaviors, perceptions of the space, and functional usage levels. For example, it was observed that users could focus on meditation for a longer duration in rooms with natural light, and that users experienced a significant decrease in stress levels in spaces containing an aquarium. Areas where plants were used intensively were described by participants as "inner peace" and "feeling connected to nature."

These findings revealed that designs offering minimal action areas but creating maximum sensory impact provide significant contributions to the digital detox experience. Particularly, spaces where simplified forms and nature-oriented details are used together not only reduce the mental load of users but also facilitate the development of positive emotional bonds with the space.

The use of natural materials is one of the most important design strategies that increases the spiritual healing power of digital detox spaces. The visual titled "Figure 2" used in the case study analyses presents a successful example of this approach. In the interior space in question,

Figure 1: *Open plan layout with multi-purpose use scenario in a compact area. Supported by stone textured floor, natural light orientation and use of modular furniture.*

Figure 2: *An example of a simplified interior in terms of material language and use of light. Wooden surfaces, soft lighting and a low-contrast color palette stand out.*

light-colored wooden claddings used on the floor and walls are integrated harmoniously with surfaces having a stone texture. Seating units and cushions are covered with natural cotton fabrics, creating a tactile sensation of softness and warmth.

Furthermore, another striking element in this space is the penetration of natural light from large surfaces. Daylight creates soft shadows as it hits the stone walls and wooden floors, which offers the user a sense of natural rhythm. This light-material unity establishes a peaceful and timeless atmosphere that contrasts with the artificial glare of digital screens.

Silence, emptiness, and acoustic balance are among the fundamental healing components of digital detox spaces. Detachment from digital stimuli should occur not only at a visual or physical level but also in the auditory realm. In this context, the visual titled "Figure 3" exemplifies the spatial reflection of these principles. In this interior space presented from a bird's-eye perspective, a spacious and empty layout was preferred despite the limited volume, offering the user freedom of movement and mental spaciousness.

Another noteworthy element in the same example is the use of soft-textured surfaces and thick textiles. These elements reduce reverberation, creating a sound-absorbing interior atmosphere. This space, where silence is a "designed quality," offers the user seeking to escape noise an acoustically isolated experience. Additionally, the surface combinations created by natural textures provide a visual coherence free from complexity.

Figure 3: *Spatial construction supporting acoustic comfort and the theme of silence. Echo-reducing surfaces, space arrangements and natural sound sources were used together.*

Digital detox processes are not solely sufficient with visual arrangement; the connection the space establishes with the user is reinforced by actively engaging all senses. In this context, the infographic titled "Figure 4" demonstrates with a holistic approach how sensory design can be integrated into architectural spaces. The visual explains the spatial correspondences of the five basic senses – sight, hearing, touch, smell, and thermal comfort – and offers applicable example design decisions for each.

According to the infographic:
For the sense of sight, the use of soft natural light, surface colors in pastel tones, and simple, non-distracting geometries are recommended. These approaches create a balance against the intense, sharp, and artificial visual stimuli of digital screens. For the sense of hearing, the use of passive sound systems that will carry natural sounds (e.g., the sound of water or birdsong) into the interior and soft surfaces that will reduce reverberation are advised. This reduces mental fatigue and increases attention span.

In the dimension of touch, natural textured surfaces – such as linen, wood, and stone – trigger a feeling of warmth and security, while relaxing scents such as lavender and cedar, recommended for smell, help to calm the nervous system. Finally, thermal comfort is a factor that directly affects how long an individual will spend in the environment and how satisfied they will be with this time. Temperature-sensitive flooring solutions and natural ventilation strategies included in the visual respond to this need.

An interior space where all these sensory decisions are considered together reveals that digital detox is not just about getting away from technology but also about reconnecting with the senses.

Design strategies that center the contact with nature are a component that directly affects spiritual healing in digital detox spaces. Particularly, plants and aquariums extending along the walls distance the user from digital

Figure 4: *Sensory centering proposal enriched with wall-to-wall aquarium, natural plants and seating arrangement. Elements such as water sound and fish movement aim to reduce digital fatigue*

burdens both visually and psychologically. In this context, "Figure 2" and "Figure 3" from the visuals examined offer two strong examples of how natural elements can be integrated into the interior space.

See: "Figure 2" and "Figure 3" The spatial connection established with nature through plants and the aquarium.

In the aforementioned examples, aquariums are treated not only as decorative but as a dynamic and living element that directly communicates with the user. The rhythmic movements of the fish, the clear sound of water, and the soft diffusion of aquarium light into the space create a sensory backdrop that supports the individual's relaxation. Especially the sifting of daylight through the translucent aquarium from behind is an effective detail that slows down the perception of time in the space and increases the feeling of naturalness.

Similarly, real plants placed in the interior space both improve air quality and allow the individual to re-establish their ancient bond with nature. The tropical leafy, large-form plants used in the examples examined in the study transform the space into a "sanctuary," while small potted plants trigger a sense of individual care, establishing an active bond with the user. The integration of such elements into the space with biophilic design principles not only reduces the effects of digital fatigue but also supports mental restoration.

The realization of digital detox spaces that are sustainable and user-friendly largely depends on a flexible and modular design approach. This understanding aims to create multi-functional spatial arrangements that can be shaped according to user needs. The plan visual titled "Figure 5," analyzed within the scope of the study, reveals a successful implementation of this approach.

In this visual as well, a multi-functional seating/lying area is located at the core of the space; this area is designed to be easily adaptable to different purposes such as meditation, reading, or short-term resting. Thanks to movable furniture, foldable bed systems, and portable plant elements, the user remains in constant interaction with the space and can rearrange the space according to their own needs.

Figure 5: *A representative design proposal in digital detox spaces that supports psychological regulation with plant and water elements. Sensory simplification, orientation to nature and internal awareness are targeted.*

Especially in terms of interior architecture education, the design of digital detox spaces provides students with significant awareness at both technical and ethical levels. Many concepts such as sensory design, material selection, light-space relationship, and the integration of biophilic elements are addressed simultaneously in such projects; thus, students are directed to design spaces that are not only aesthetically pleasing but also have a healing effect.

In this context, the design of digital detox spaces is not just a trend but a design responsibility towards the digitally overloaded individual of our age. Interior architects are positioned in these areas not only as space organizers but also as social actors who contribute to user health. Therefore, the inclusion of digital detox in architectural pedagogy has the potential to redefine both professional practice and social sensitivity.

Conclusion

The digital age has created profound transformations in a wide area from the individual's mental processes to their spatial experiences. Continuous interaction with technology increases the level of mental stimulation, which leads to destructive effects on both the individual's psychological and physiological balance. In this context, digital detox should be evaluated not only as a practice of distancing oneself from technology, but also as a multi-layered experience area where the individual reconnects with nature and oneself. The unique contribution of this study is that it suggests that digital detox should be addressed as a spatial issue within the discipline of interior architecture and that design strategies should be developed in this context.

The findings show that the digital detox experience depends not only on individual will but also on the design of the space in a way that supports this process. Minimalist interiors facilitate mental simplification, reduce distraction, and invite the individual to focus on the "now." In particular, elements such as natural materials, soft color palettes, neutral-toned furniture, and controlled use of space support the individual's process of establishing internal balance by reducing sensory load. In this respect, interior architecture is not only a physical arrangement but also a psychological reconstruction tool.

The spatial proposals developed on a theoretical basis are concretized with Figures 3, 4 and 5. These visuals were prepared by the author and produce visual responses to the conceptual implications of the study. While the plan drawing in Figure 3 brings together multi-purpose use and natural orientation, the volumetric structures presented in Figures 4 and 5 are enriched with details aimed at balancing sensory systems. For example, the wall-sized aquarium and daylight integration support the effect of visual and auditory stimuli on neurological regulation. This approach overlaps with the nature-based therapeutic effects emphasized in studies such as Barbiero et al. (2023) and Khatib et al. (2024). Space and silence were evaluated as two critical design components that stand out in this study. These frequently neglected elements offer a pause, breathing and mental relaxation area against the overstimulating environment of the digital age. Soft surfaces, echo-reducing materials and acoustic strategies supported by nature sounds were used as tools to concretize reaching inner silence. In this context, results parallel to the suggestions of Spence (2020) and Hoshi et al. (2021) regarding the auditory environment were obtained.

Cultural comparisons reveal that interior architectural responses to digital detox vary according to local contexts. In Japan, ritual simplicity stands out, in Germany, functional minimalism, in Italy, nature-human synthesis, and in Turkey, the theme of calm blended with spatial memory. This result is consistent with the findings of Hassan & Saleh (2024) and Escaso et al. (2024) explaining local design responses to digital fatigue. In this context, interior architecture serves as a bridge between universal sensitivity and local culture. The proposed visual representations not only embody the theoretical discussion, but also offer a new design language for interior architecture practice. This approach suggests a

holistic spatial design vision that takes into account psychological, emotional, and cultural layers beyond aesthetics and function. These spaces should be considered as environments that support not only the physical but also the mental and emotional well-being of the individual.

Finally, these designs have the potential to be adapted not only to individual residences but also to offices, educational institutions, health centers and public spaces. With typological flexibility, modular systems and scalable design decisions, the digital detox experience can also be carried to public spaces. This situation shows that interior designers should take a more active role in supporting healthy digital life. This study has revealed the healing potential of interior spaces against the cognitive and emotional burdens of the digital age and has made an interdisciplinary contribution to the field of interior architecture through the themes of nature, silence, simplicity and cultural awareness. It is anticipated that this approach will inspire future academic research, design studios and application projects.

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